FAQ

**What happens on a style retreat?**

I have put together an itinerary for the 5 days. This isn’t completely set in stone and can change a bit, depending on the individuals on the retreat and what they want or need to focus on more. Download the itinerary here.

**Will I be sharing a room with anyone?**

No, you will have a separate room, but you might be sharing the apartment with someone else. I do try and book apartments that have more than one bathroom, but depending on the time of year, this isn’t always

**How do I get to Tarquinia**

Tarquinia is only 50 mins north of Rome and is easily accessible by train from both Rome Termini and also Fiumincino Airport. I will come and pick you up from the station and take you to your B&B and take you back to the station again at the end of your stay.

You can get a taxi from Rome and the airport, but it will cost around €100. Transfers can be arranged from the airport at an extra cost.

**Do I need a car?**

No. I will take you to your B&B which will be in centre of the old town. There are bars, restaurants and shops all within easy walking distance. I will transport you to any other place we visit – i.e. the Olitar, Wine Tasting and any out-of-town shops/boutiques.

**Do I need to buy a lot of new clothes and accessories?**

Absolutely not! If you don’t want to buy anything new, we will work with what you have brought with you and make a plan for any further shopping, should you need or want to.

**Can I have a makeover with my hair and make-up?**

Yes if you would like to. I work with a hairdresser and makeup artist and we can book sessions with both. This can be decided in advance.

**Will we have any spare time to ourselves?**

Yes, there will be periods of the day or in the evenings where you will be free to rest or look around as you want.

**Are all the meals included?**

Yes they are. We meet for breakfast in town, which will be a coffee and a “cornetto” pastry. If you would like anything different, this can be arranged, but there might be an extra cost. Lunch and supper will be together in the town and is included. There will be set menus to choose from and a small amount of wine with the meals. If you would like different or more drinks, then these will be charged to you separately.

**I have allergies – can these be catered for?**

Yes. I will send you a form before the start of the retreat and will inform the restaurants of your allergies.

**Can I cancel before the retreat?**

Yes – please see my cancellation policy [here](https://d.docs.live.net/6e1cd31587eb3864/Retreat/Cancellation%20Policy%20-%20Style%20and%20Soul%20Retreat.docx).

**Do I need travel insurance?**

I always advise that you take out insurance to cover your trip and any health problems you may have.

**Do I need to speak Italian?**

No. I will translate for you.

**How do I know what to pack?**

We will have a zoom call before the retreat and you can ask any questions regarding this. Although I do say pack as you would normally do!